

# Healthy snacks

If you are feeling hungry, choose healthy snacks as a part of a balanced diet. Speak to your health professional about the number of snacks that is right for you. Snacks that are **in bold blue font** have little or no affect on blood glucose levels.

## Vegetables and dips

Try a range of different cut up vegetables served with ¼ cup of dip. These can be fresh or pre-packaged cut up vegetables including Just Veg Carrot Sticks, Coles Broccoli or Cauliflower Florets.

### Vegetable ideas:

- Carrot
- Snow peas
- Capsicum
- Tomatoes
- Green beans
- Cucumber
- Celery
- Radish
- Zucchini
- Cauliflower
- Broccoli



### Some dip examples:

#### Chris':

- Tzatziki
- Hommus
- Beetroot

#### Black Swan:

- Skinny Hommus
- Skinny Tzatziki
- Sweet Potato and Cashew
- Roasted Garlic Hommus
- Salsa range

#### Yumi's:

- Sweet Potato and Cashew
- Baba Ganoush

## Nuts and Seeds

Grab a small handful of unsalted raw or dry roasted nuts or seeds. This would be:

- 10 Walnut halves
- 15 Cashews
- 8 Pecan halves
- 15 Almonds
- 18 Hazelnuts
- 25 Pistachios
- 8 Macadamias
- 20 Peanuts
- 5 Brazil nuts



Add your favourite nuts and seeds together to create a snack. For example ¼ cup of **Sunflower seeds, Pumpkin seeds** or other seeds added to 15 almonds.

## Legumes

Snap open a small tin of legumes.

### Some legume examples:

#### Edgell:

- Chickpeas with Olive Oil
- Chickpeas with Garlic and Rosemary
- Chickpeas with Zesty Vinaigrette
- Red Kidney Beans with Chilli Olive Oil
- Black beans corn with lime herbs
- 4 Bean Mix (125g)

#### Heinz:

- Baked Beans Salt Reduced 130g can



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## Fruit

Choose a serve of fruit.

### Some fruit examples:

- 1 medium piece of fresh such as an apple or small banana
- 2 small pieces of fruit such as kiwi fruit, mandarin
- 1 cup of chopped fresh fruit or berries
- 15 grapes
- 140g snack tub of canned fruit in juice
- A snack size box of dried fruit or 4 apricot halves or 20 sultanas

Frozen fruit including berries or mango are also good choices.



## Reduced fat dairy, soy and almond milk products

Choose a tub or 200g of reduced fat natural, fruit or no added sugar yoghurt.

### Some yoghurt examples:

#### Jalna:

- Low Fat
- Fat Free Natural

#### Tamar Valley:

- Natural 99.85% Fat Free

#### Vaaliala:

- Natural Yoghurt Low Fat range

#### Yoplait:

- Real Fruit
- Vanilla and Forme Zero Range



### Some reduced fat milk examples:

Choose a small glass or 250ml of reduced fat milk. Remember a small milk based coffee will count as a snack.

#### Dairy Farmers:

- Heart Active

#### Pauls:

- Smarter White
- PhysiCAL Low Fat



### Some almond and soy milk examples:

Have a small glass or 250ml of reduced fat, calcium fortified unsweetened soy, or unsweetened almond milk.

#### Vitasoy:

- Protein Plus Soy Milk
- Unsweetened Almond Milk

#### Blue Diamond:

- Unsweetened Almond Breeze



## Protein

Snacks high in protein can be a great way to fill you up for longer.

### Some examples:

- Small can of tuna, salmon, sardines, salt reduced baked beans or chicken
- Hard boiled eggs
- Tofu
- Edamame



# Healthy snacks

## Wholegrain bread and crackers

Enjoy a slice of bread, flatbread or a few crispbreads with some topping or spread.

### Some crispbread examples:

#### Arnott's:

- Vita-Weat Soy and Linseed
- Vita-Weat Pumpkin Seed and Grains

#### Ryvita:

- Multigrain
- Original Rye



### Some topping and spread ideas:

- Sliced tomato with pepper and fresh basil
- 1 slice of reduced fat cheese with tomato, cucumber or pickle
- 1 tablespoon of reduced fat ricotta, cottage or Philadelphia cheese
- ¼ smashed avocado
- 1 tablespoon of dip



### Some bread examples:

#### Helga's:

- Wholemeal Grain
- 10 Grains and Seeds Wholemeal
- Lower Carb Wholemeal and Seed

#### Alpine:

- Spelt and Barley Fruit
- Spelt and Barley Sourdough
- Spelt and Sprouted Grain
- Heart Wholemeal
- Super Natural Protein

#### Bakers Delight:

- Cape Seed
- Hi-Fibre Lo-GI White
- Chia and Tin Fruit Loaf



### Some flatbread examples:

#### MEB Foods:

- Wholemeal Pocket Pita

#### Mission:

- Corn Tortilla
- Low Gi Wraps



## Savoury snacks

Enjoy these convenient savoury snacks.

### Some examples:

#### The Happy Snack Company:

- 25g pack Roasted Chickpeas and Fava Beans range except for Chocolate Coated

#### Cobs:

- 1-2 cups of air popped popcorn

#### Mission:

- 10 Original Tortilla Strips
- 5-10 olives



# Healthy snacks

## Hot beverages and soups

### Hot beverage examples include:

- Green, black and herbal tea
- Black Coffee with a dash of milk
- Sugar free Hot Chocolate e.g. 100% Cocoa Powder

**Avalanche:**

- 99% Sugar Free Drinking Chocolate

**Jarrah:**

- 97% Sugar Free Hot Choc

**Ovaltine:**

- Light Break



Soups can be homemade or from the supermarket including shelf, instant and refrigerated options.

### Some soup examples include:

- **Homemade Vegetable Soup**

**Amy's Kitchen:**

- Organic range

**Pitango:**

- Refrigerated range

**Campbell's:**

- Country Ladle
- Chunky range



## Sweet snacks

### Some sweet snacks examples:

- Extra sugar free gum and mints
- Slim Fruit
- Jols
- Sugarless
- Double D lollies
- Aeroplane Jelly Lite

**Carman's:**

- Original Fruit-Free Muesli Bars

**Gullon:**

- Sugar free Digestive Plain

**Macro:**

- Protein Bowl - Acai and Mixed Berry

**Think Food:**

- MunchMe Pumpkin Seed



## Chilled deserts

**Peters:**

- 2 scoops, No Added Sugar, Vanilla

**FroPro:**

- Chocolate
- Salted Caramel

**So Good:**

- 2 scoops, Chocolate Bliss, Vanilla Bliss Frozen Dessert

**Halo Top:**

- 2 scoops, Ice Cream range



# Healthy snacks

## Preparing healthy snacks

You can make your own healthy snacks using the ideas below:

Healthy snack option	Method	Foods required
<b>Roasted chickpeas</b>	<ul style="list-style-type: none"> <li>• Drain 1 400g can of tinned chickpeas.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Add a low salt seasoning on top.</li> <li>• Bake in oven 180 degrees celsius for 40 minutes.</li> </ul>	Serving size: ½ cup (30g) 
<b>Roasted vegetable chips</b>	<ul style="list-style-type: none"> <li>• Once washed, thinly slice all vegetables.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Add a low-salt seasoning on top.</li> <li>• Bake in oven 180 degrees celsius for 10–20 minutes or until crispy.</li> </ul>	Serving size: 1 cup 
<b>Roasted pita chips</b>	<ul style="list-style-type: none"> <li>• Cut up 1–2 wholemeal or wholegrain pita bread into triangles.</li> <li>• Lay flat on a lined baking tray.</li> <li>• Low-salt seasoning on top.</li> <li>• Spray evenly with olive oil spray.</li> <li>• Bake in oven 180 degrees celsius for 10–15 minutes or until crispy.</li> </ul>	Serving size: 1 Pita 
<b>Homemade museli bar</b>	<ul style="list-style-type: none"> <li>• Combine 1 cup of each sultanas, almonds and sunflower seeds into a food processor</li> <li>• Add 1 tablespoon of chia seeds.</li> <li>• Combine 2 whisked egg whites, 1 cup rolled oats, 1 teaspoon cinnamon and nutmeg to the mix.</li> <li>• Lay mix in flat lined baking tray.</li> <li>• Bake in oven 180 degrees celsius for 10–15 minutes or until crispy.</li> </ul>	Serving size: 35g 
<b>Protein balls</b>	<ul style="list-style-type: none"> <li>• In a blender, combine 1 cup pitted dates, 1 cup walnuts and 1 tablespoon of unsweetened cocoa powder.</li> <li>• Moisten with water if required.</li> <li>• Roll in small balls of 20 cent piece diameter</li> <li>• Chill in the fridge.</li> </ul>	Serving size: 2 balls 
<b>Smoothie</b>	<ul style="list-style-type: none"> <li>• In a blender, add 100mls of reduced fat milk, 1 cup strawberries (frozen or fresh), 1 tablespoon natural/Greek reduced fat yoghurt, 1 tablespoon chia seeds and 100mls water.</li> <li>• Blend until smooth.</li> </ul>	Serving size: 200–250mls 